

## **Basic Wilderness Safety**

To be a self-sufficient, responsible Wilderness traveler, you must have basic first aid training for that moment when even the best laid plans go awry. There are numerous organizations that provide wilderness first aid courses that last anywhere from a day to a month. To get information on courses, dates, and cost visit any of the following sites:

Wilderness Medical Institute of NOLS [www.wmi.nols.edu](http://www.wmi.nols.edu)

Wilderness Medical Associates <http://www.wildmed.com/index2.html>

SOLO <http://www.stonehearth.com/>

Wilderness Medicine Training Center <http://www.wildmedcenter.com/>

For training in search and rescue techniques, visit the following sites:

The National Association of Search and Rescue, while not limited to wilderness rescues, does provide lists of training courses in search and rescue techniques. The site also has listing of incident accounts. Go to: <http://209.15.26.147/index.shtml>

The Mountain Rescue Association is a volunteer international organization dedicated to mountain rescue. The website has lists and phone numbers for local association chapters throughout the nation and the world. Go to: <http://www.mra.org/>